



Cold Weather Advice

TRAVEL FACTS

When the weather is extremely cold, and especially if there are high winds, make trips outside as brief as possible and remember these tips to protect your health and safety.

Dress Warmly and Stay Dry

Adults and children should wear (1) a hat; (2) a scarf or knit mask to cover face and mouth; (3) sleeves that are snug at the wrist; (4) mittens, because they are warmer than gloves; (5) water-resistant coat and shoes; and (6) several layers of loose-fitting clothing.

Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton. Stay dry -- wet clothing chills the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm. Also, avoid getting gasoline or alcohol on your skin while de-icing and fueling your car. These materials in contact with the skin greatly increase heat loss from the body. Do not ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.

Avoid Exertion

Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about exercising or working in the cold. Otherwise, if you have to exert yourself outdoors, dress warmly and go slowly. Remember, your body is already working hard just to stay warm, so don't overdo it.

Avoid Alcohol and Caffeine

Caffeine and alcohol, which are diuretics, increase fluid loss and should be avoided. The use of alcohol to "keep warm", or any other substance that impairs judgment, can be deadly in extreme conditions.

Be Safe During Recreation

If you are hiking, camping, or skiing during cold weather, avoid becoming overtired. Be prepared to take emergency shelter, and carry waterproof matches and paraffin fire starters with you. Carefully watch for signs of cold-weather health problems. Be extremely

careful when walking in icy areas. Many cold-weather injuries result from falls on ice-covered paths.

Understand wind chill factor. As the speed of the wind increases, it can carry heat away from your body much more quickly. When there are high winds, serious weather-related health problems are more likely, even when temperatures are only cool. Wind chill factor is shown in the chart below.

Be Cautious About Travel

Listen for radio or television reports of travel advisories. Avoid traveling on ice-covered roads if at all possible. If you must travel by car, use tire chains and let someone know your destination and when you expect to arrive. Check and restock the winter emergency supplies in your car before you leave (e.g. blankets, water, high carbohydrate food, flashlight with extra batteries). Don't rely on a car to provide sufficient heat; the car may break down. Always carry clothing appropriate for the winter conditions. Staying in your vehicle is often the safest choice if winter storms create poor visibility or if roadways are ice covered and you become stranded. These steps will increase your safety when stranded:

- Tie a brightly colored cloth to the antenna as a signal to rescuers.
- Move anything you need from the trunk into the passenger area.
- Wrap your entire body, including your head, in extra clothing, blankets, or newspapers.
- Stay awake. You will be less vulnerable to cold-related health problems.
- Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe -- this will reduce the risk of carbon monoxide poisoning.
- As you sit, keep moving your arms and legs to improve your circulation and stay warmer.
- Do not eat unmelted snow because it will lower your body temperature.

Wind speed (mph)		Actual air temperature °F												
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20
		Apparent temperature °F												
	4	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20
	5	37	32	27	22	16	11	6	1	-5	-10	-15	-20	-26
	10	28	22	16	10	4	-3	-9	-15	-21	-27	-33	-40	-46
20	18	11	4	-3	-10	-18	-25	-32	-39	-46	-53	-60	-67	
30	13	5	-2	-10	-18	-25	-33	-41	-48	-56	-64	-71	-79	
40	10	2	-6	-14	-22	-29	-37	-45	-53	-61	-69	-77	-85	
50	9	1	-7	-15	-23	-31	-39	-47	-55	-63	-71	-79	-87	